



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 35162, Caribou, hind quarter meat, raw (Alaska Native)**

**Report Date: July 16, 2017 12:57 EDT**

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
<b>Proximates</b>				
Water <sup>1</sup>	g	72.60	1	--
Energy	kcal	122	--	--
Energy	kJ	508	--	--
Protein <sup>1</sup>	g	22.63	1	--
Total lipid (fat) <sup>1</sup>	g	3.37	1	--
Ash <sup>1</sup>	g	1.23	1	--
Carbohydrate, by difference	g	0.00	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
<b>Minerals</b>				
Calcium, Ca <sup>1</sup>	mg	5	1	--
Iron, Fe <sup>1</sup>	mg	4.10	1	--
Magnesium, Mg <sup>1</sup>	mg	26	1	--
Phosphorus, P <sup>1</sup>	mg	230	1	--
Potassium, K <sup>1</sup>	mg	320	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Sodium, Na <sup>1</sup>	mg	52	1	--
Zinc, Zn <sup>1</sup>	mg	2.10	1	--
Copper, Cu <sup>1</sup>	mg	0.270	1	--
Manganese, Mn <sup>1</sup>	mg	0.037	1	--
Selenium, Se <sup>1</sup>	µg	12.5	1	--
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin <sup>1</sup>	mg	0.442	1	--
Riboflavin <sup>1</sup>	mg	0.962	1	--
Niacin <sup>1</sup>	mg	7.150	1	--
Pantothenic acid <sup>1</sup>	mg	2.090	1	--
Vitamin B-6 <sup>1</sup>	mg	0.351	1	--
Folate, total <sup>1</sup>	µg	4	1	--
Folic acid	µg	0	1	--
Folate, food <sup>1</sup>	µg	4	1	--
Folate, DFE	µg	4	--	--
Vitamin B-12 <sup>1</sup>	µg	7.05	1	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	94	--	--
Retinol	µg	94	6	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	312	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.69	1	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta <sup>1</sup>	mg	0.00	1	--
Tocopherol, gamma <sup>1</sup>	mg	0.00	1	--
Tocopherol, delta <sup>1</sup>	mg	0.00	1	--
Vitamin K (phylloquinone) <sup>1</sup>	µg	1.4	1	--
<b>Lipids</b>				

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Fatty acids, total saturated	g	1.270	--	--
8:0 <sup>1</sup>	g	0.000	1	--
10:0 <sup>1</sup>	g	0.000	1	--
12:0 <sup>1</sup>	g	0.000	1	--
14:0 <sup>1</sup>	g	0.030	1	--
15:0 <sup>1</sup>	g	0.000	1	--
16:0 <sup>1</sup>	g	0.610	1	--
17:0 <sup>1</sup>	g	0.030	1	--
18:0 <sup>1</sup>	g	0.590	1	--
20:0 <sup>1</sup>	g	0.010	1	--
22:0 <sup>1</sup>	g	0.000	1	--
24:0 <sup>1</sup>	g	0.000	1	--
Fatty acids, total monounsaturated	g	0.940	--	--
14:1 <sup>1</sup>	g	0.000	1	--
15:1 <sup>1</sup>	g	0.000	1	--
16:1 undifferentiated <sup>1</sup>	g	0.070	1	--
17:1 <sup>1</sup>	g	0.000	1	--
18:1 undifferentiated <sup>1</sup>	g	0.860	1	--
20:1 <sup>1</sup>	g	0.010	1	--
22:1 undifferentiated <sup>1</sup>	g	0.000	1	--
24:1 c <sup>1</sup>	g	0.000	1	--
Fatty acids, total polyunsaturated	g	0.560	--	--
18:2 undifferentiated <sup>1</sup>	g	0.260	1	--
18:3 undifferentiated <sup>1</sup>	g	0.100	1	--
18:4 <sup>1</sup>	g	0.000	1	--
20:2 n-6 c,c <sup>1</sup>	g	0.000	1	--
20:3 undifferentiated <sup>1</sup>	g	0.000	1	--
20:4 undifferentiated <sup>1</sup>	g	0.100	1	--
20:5 n-3 (EPA) <sup>1</sup>	g	0.030	1	--
21:5 <sup>1</sup>	g	0.000	1	--
22:4 <sup>1</sup>	g	0.000	1	--
22:5 n-3 (DPA) <sup>1</sup>	g	0.050	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
22:6 n-3 (DHA) <sup>1</sup>	g	0.020	1	--
Cholesterol <sup>1</sup>	mg	81	1	--
<b>Amino Acids</b>				
<b>Other</b>				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD